

Insomnia, naturopathic assessment / treatment and health coaching

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Abstract

Periods of sleep disturbance due to acute stress or environmental change are common human experiences. The prevalence of general sleep disturbance experienced by people over a year is estimated at approximately 85% while the estimate of diagnosed chronic insomnia is estimated at around 10%. Pathophysiology to sleep disorders involve : hyperarousal of the nervous system, GABA dis-regulation, & HPA axis hyper-activation. There are lots of risk factors and economic impact involved. Naturopathic treatment and health coaching aims to :

- asses the causes of sleep disorders
- educate on good sleep practises
- regulate HPA function and GABA activity
- Encourage beneficial lifestyle changes
- address external stressors
- use the correct western herbal medicine (hmulus lupulus, valeriana officinalis, withania somnifera, agnus castus) to rehabilitate cause and symptoms of insomnia.

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Biography

Dr. Liatsikos was born in Athens Greece in 1974. He has a 16 year's experience lecturing and practicing traditional naturopathy internationally in 21 countries in 4 different languages. Currently he has board involvement in 2

natural health international associations and an author of 2 books .He is an expert in Iridology, western herbal medicine, and acupuncture without needles in pain management.